

## **Foods That Can be Taken All Days of the Year, Including Ekadasi and Caturmasya:**

- All Fruits (Fresh and Dried)
- All Nuts and Oils Made from Nuts
- Potatoes
- Pumpkin
- Cucumber
- Radish
- Squash (But No Loki)
- Green Papaya
- Lemon
- Jackfruit
- Avocado
- Olives
- Coconut
- Buckwheat
- All Sugars
- All Milk Products - though be careful of starches used in sweet preparation

## **Spices That May Be Used on Ekadasi:**

- Turmeric
- Black Pepper
- Ginger
- Salt (taken from new or clean package)

## **Foods Restricted During Ekadasi:**

- Tomatoes  
Eggplants  
Cauliflower  
Broccoli  
Bellpepper
- Peas  
Chickpeas  
All Types of Beans – including products made from beans  
(Papadams, Tofu, Tempeh, Grain Beverages, etc.)
- Indian Vegetables:  
Karela (Bitter Lemon)  
Loki  
Parmal  
Toroi  
Kunli  
Drumsticks  
Okra (Lady Fingers)  
Banana Flower.

- All Leafy Vegetables:  
Spinach  
Salads  
Cabbages  
Leafy Herbs  
- Like Parsley, Curry Leaves, Neem Leaves, etc.
- Grains:  
Millet  
Barley  
Farina  
Dalia  
Pasta  
Rice  
Corn  
All Types of Dahl  
All Types of Flour Made from Grains and Beans  
- Like Rice Flour, Chickpea Flour, Urad Dahl Flour, etc.
- Starches from Corn  
Grains and Products Made from and Mixed with these Starches  
- Like Baking Soda, Baking Powder, Certain Soft Drinks, Custard, Certain Yogurts, Puddings, Cream Cheese, Sweets, Candies and Tapioca.
- Oils made from Grains:  
Corn Oil Mustard Oil Sesame Oil etc.  
And Products Fried in These Oils: - Like Nuts, Potato Chips, and Certain Snack Foods.
- Honey

**Spices NOT Used on Ekadasi:**

- Sesame Seeds
- Cumin Seeds
- Hing
- Fenugreek
- Mustard Seeds
- Tamarind
- Fennel
- Celery
- Poppy Seeds
- Kalonji Seeds
- Ajwain Seeds
- Cardamom
- Nutmeg
- Cloves